

# February 2026

Gall Bladder & Bile Duct Cancer Awareness Month

**\*Hybrid**- the class will be offered in person & virtually.  
**\*Zoom** -class will only be held virtually  
**\*Evening**- class held after 5pm  
**\*This calendar is subject to change. Sign up for newsletter for latest updates.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T	S U N
						1
2 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla) 2PM Canopy Orientation	3 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 12:30PM Healing Art 1PM- Drama Therapy	4 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	5 9AM Spanish Advanced (Zoom) 9AM- Zumba 10AM Bible Study 1:30PM- Weight Training (Zoom) 2:30PM- Meditation (Zoom)	6 9AM-Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	7	8
9 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	10 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 12PM Caregiver Support (Hybrid)	11 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Breast Cancer Support 1PM Mah Jongg 1:30PM Book Club 5:30PM- Working Professionals Group	12 9AM Spanish Advanced (Zoom) 9AM- Zumba 10:30- Creative Reflections	13 10AM- Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	14 Valentines Day Tea- 11am-1pm (South Tower)	15
16 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	17 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 12:30PM Healing Art	18 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 2PM Canopy Orientation 5PM- Survivorship Education Zoom	19 9AM Spanish Advanced. (Zoom) 9AM- Zumba 10AM- Bible Study 1:30PM- Weight Training (Zoom)	20 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo	21	22 2pm HEB Kids Cooking
23 9AM- Gentle Yoga 9AM Spanish Intermediate (Zoom) 11AM- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla) 5:30PM- Life In Between Stage IV Cancer Support	24 9AM Spanish Advanced. (Zoom) 9 & 10am- Weight Training 10AM- Virtual Yoga (Zoom) 12PM- Keyes Ingredients Nutrition 1:00PM- Look Good Feel Better (+Online Registration Required)	25 9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 1PM Mah Jongg 5:30PM-Young Survivors Social Circle	26 9AM Spanish Advanced. (Zoom) 9AM- Zumba 12PM Cancer Support (Spanish) 1PM-Sketch for the Soul	27 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch	28	

**Canopy Cancer Survivorship Center at Memorial Hermann**  
**1120 Medical Plaza Dr. Suite 250, The Woodlands, TX 77380 – (p) 713-897-5939 to RSVP**

**Breast Cancer Support Group (Zoom) Every 2nd Wed 12-1pm** – Contact Shernette Sherrill, MSN Ed, BSN, RN, PHN for zoom link #713-897-4668 or email [Shernette.sherrill@memorialhermann.org](mailto:Shernette.sherrill@memorialhermann.org)

**Caregiver Support Group (Hybrid)**

Meeting ID: 915 9859 2743 Passcode: 560843

**Spanish Classes with Clotilde: Intermediate & Advanced (Zoom)**

Please email Clotilde for zoom link [tilde.lake@gmail.com](mailto:tilde.lake@gmail.com)

**The Keyes Ingredients with Michelle Keyes (Hybrid)**

Zoom Meeting ID: 958 6921 4199 Passcode: 009770

**Creative Writing - Survivorship Education - Survivorship Support Groups** – Contact Lindig Family Resource Center at [lindig@memorialhermann.org](mailto:lindig@memorialhermann.org) or by phone at 713-242-2848

**Virtual Gentle Yoga with Nuchapan (Zoom)**

Meeting ID: 960 2646 2478 Passcode: 560377

**Meditation with Nuchapan (Zoom)**

Meeting ID: 931 4841 6946 Passcode: 824133

**Weight Training (Zoom)**

Meeting ID: 960 1523 6807 Passcode: 839810